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## **RETURNING TO SLOVAKIA**

*by Ronald Russell, MA*

*Institute Board of Advisors members Ronald and Jill Russell have taken a special interest in the emerging consciousness movement in Slovakia. While in that country to reprise their successful first visit, they saw ample evidence of constructive changes and of continuing hunger for the advantages offered by Hemi-Sync®.*

In October 1999, three years after our first visit to Slovakia to join with the Annwin Center in presenting an introductory Hemi-Sync course, we were invited to return. Annwin was founded in 1995 as a nonprofit educational organization and has taken part in numerous educational projects and programs since its inception. In view of the forthcoming introduction of the hospice system in Slovakia and the growth of nongovernment organizations concerned with the care of the elderly, we designed a weekend course based on several tapes from the *GOING HOME*® series, together with a video of Elisabeth Kubler-Ross, MD, discussing spiritual resources for the terminally ill.

Annwin is no longer a “backroom” organization. It has a well-equipped office in the center of Banska Bystrica, one of Slovakia’s larger cities, and runs a variety of weekend and evening courses. These include Hemi-Sync anti-stress courses for business people, those who work with the handicapped, and women, as well as English-learning sessions with *HUMAN PLUS*. Prior to the *GOING HOME* course, Annwin organized an introductory weekend to insure that participants would have a good working knowledge of Hemi-Sync through Focus 10 and 12.

The *GOING HOME* weekend took place in a small hotel in the foothills of the Low Tatra Mountains, close to the junction with the ancient road from Poland to Hungary. What was once a stable block had been converted into a comfortable training room. Here our participants gathered—fourteen in all—including a senior psychiatrist, a psychologist working with children with cancer, specialist nurses, a social worker, a lawyer, a business trainer, and the youngest-ever participant in any Hemi-Sync course: ten-week-old Patrick, with his mother, Vierka, a director of Annwin. Jacek Dabrowski, a doctor from Warsaw who attended the *GATEWAY VOYAGE*® and *GUIDELINES*® at TMI in 1998, traveled for ten hours by train to attend.

Miroslav Simkovic, who interpreted brilliantly throughout, had translated all the materials (including the video- text) into Slovak. Peter Simkovic spoke the Slovak texts and my wife, Jill, and I introduced each exercise and dealt with the debriefings.

We have been presenting workshops and courses for some twelve years, but this was our most memorable and moving experience. All the participants responded sensitively and

thoughtfully to the *GOING HOME* tapes. None of them had any problem with the concept; they followed the signals to the “Edge of Here-Now” and found their way through Focus 22 to 27. Most of them made contact with relatives and friends no longer in physical existence and some, without any suggestion that they should do so, helped discarnate individuals move to the Park in 27. Their reports were not affected or contaminated by Western modes or media, nor by orthodox religious teaching. To us, they seemed to reflect a pure spirituality, together with what we can only describe as a kind of innocence—as if for the very first time the doors of perception were opened and they glimpsed what lay beyond.

Their experiences were rich and varied. For instance, Anka met Einstein in Focus 23. The scientist told her that he now fully understood the Theory of Relativity. He admitted to frequent Focus 27 visits and accompanied Anka there. As they sat on a bench discussing relativity, Anka’s grandfather, who had died of lung cancer, and her grandmother, who had died on her birthday, joined the pair. All seemed to be well with both of them.

The Kubler-Ross video was well received and provoked much discussion. Elisabeth’s work is greatly admired in Central and Eastern Europe. Despite the language difficulty, communication flourished. Now that English is replacing Russian in schools, that barrier should steadily diminish. All the participants wanted to continue to work with Hemi-Sync, both for themselves and with their patients and clients. For the moment they are restricted to *METAMUSIC*®, but who can say how things will develop?

Slovakia is rich in natural beauty, but it has serious economic problems. TMI, Interstate Industries, and professional and other members have helped the Annwin Center move forward in its valuable work by their gifts of tapes and CDs, which are far beyond the resources of most Slovak citizens. The British Embassy has provided office equipment and also sponsored our visit through the Know How Fund. Before the course, we held a press conference with the Annwin directors that was attended by several journalists and carried on television and radio. And the American Peace Corps representative, who is active in the hospice movement, has his office next to Annwin’s.

What about young Patrick? How did he respond to Hemi-Sync? Well, to be truthful, he did not show much interest in the more advanced Focus levels. But he demonstrated anew that whatever else Bob Monroe’s Hemi-Sync signals can accomplish, Focus 10 is very effective in sending the body to sleep!